



WSL INVITES YOU TO Letters to PICU

During this holiday season, many children at the PICU tend to feel **left out** or **lonely**. The holiday season can be a hard time for them because they are in the hospital when they would rather be at home with family and friends. We want your help to extend heartwarming letters filled with encouragement to the children that don't have the opportunity this year to be at home with family and friends.

It only takes 4 simple steps!
Do you want to get involved?

Then read the next Slide

Ideas for Letters

1. Handcrafted Letters are a wonderful idea. Each letter will not only be comforting for the recipient but the love and effort you put into creating the card will radiate through the card to the children that receive it.
2. Letters from the store are amazing! Letters can be found for 50 cents at some stores. Buying 10 cards and writing 5 to 6 encouraging and loving sentences can really mean the world to the children.
3. Arts and Crafts can be the perfect gift! Getting some friends to create paper airplanes, foldable hearts, etc. with a holiday note on the inside can be the best surprise!
4. If your chapter does not meet occasionally, try emailing the letter to your chapter so they can print it out and put into a letter for you.

What to write

1. You can speak about your favorite holiday food
2. Talk about your favorite season
3. If your hospital permits, add a "Merry Christmas" or "Happy Holidays"
4. Write about what costume you got your dog or cat for the holiday season
5. Write about the best part of the holidays.
6. Write about how excited you are to write the letter to them.
7. Write about what you want for Christmas



4 steps to get involved

1. Call your local Hospital

- Specifically their Volunteer Department or Donation Department. (You can probably find their contact details online)
- Let them know you are interested in donating heartwarming holiday letters for their PICU (Pediatrics) department.
- If your hospital does not have a Pediatric Intensive Care Unit, ask to deliver the letters for their pediatric department.
- Depending on your hospital, they should give you directions on the best way to donate the letters to their center.

2. Create your letter

- Follow the guidelines (given by AMSA) to create your letter. (Email below for guidelines)
- If the hospital gives you any other guidelines regarding the letters, follow those as well.

3. Deliver to the hospital

- Be sure to set a day and time for when the letters can be dropped off.
- Deliver the donations to the hospital, following the instructions they gave you.

4. Don't forget to send us a picture of your cards!

- Your cards will not only inspire the child that receives it, but us also here at AMSA.

To receive the guidelines email me @ Fortune.ajuh@amsa.org
or DM the AMSA instagram page